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## PREPARATORY PRACTICE MOVEMENTS FOR THE BARBER APPRENTICE

The Athlete, preparing for special training exercises the muscles by a scientific sytem of movements. So should the barber apprentice, and for this purpose we offer this set of diagrams for preparatory work.

The method and manner of handling instruments in the barber profession can be acquired by a few moments' daily practice as given here.

The positions to be attained and the movements acquired can be accomplished by home study and practice and are intended to save time for one after having joined our school. These movements can be practiced and studied in connection with our Manual to best advantage.

Any razor, strop, hone or comb that you may now have will answer the purpose for practice work, but the shear should be one made for regular barber work. These exercises should be made a daily habit until success has been attained.

## PREPARING HANDS

In preparing the hands for these exercises try the following:

Soak the hands daily in hot soapie water from five to ten minutes; then apply a good skin food (not a vanishing cream), similar to the formula given here.

Almond Oil.....	4 ounces
Spermaceti.....	1 ounce
White Wax.....	1 ounce
Benzoin.....	2 drops
Oil of Rose.....	1 drop

Heat almond oil, wax and spermaceti in double boiler until melted, add benzoin and oil of rose while cooling, and stir continually until thoroughly whitened.

After having applied the cream to the hands and wrists, rub each with a wringing movement using sufficient pressure to work every muscle and joint without straining or spraining; then take each finger separately, giving the joints a wringing movement until the knuckles and joints feel quite limber; then take the end of each finger separately with the fingers of the other hand and give it a rotary movement. Keep the hand relaxed so that each joint will be moved and put in play.

After an exercise of about five minutes daily, wash hands again and apply the following lotion that can be made up at any drug store from this formula:

Equal parts of Witch Hazel  
Bay Rum  
Glycerine  
Rose Water.

To each six ounces add one teaspoonful camphor. 5 drops of carbolic acid.

Rub it in well with a wringing movement and repeat as often as condition requires until the hands are soft and elastic.



FREE HAND

This movement is used in actual work at the chair for shaving the right side of the face, the left side of the chin, and the upward movement of both right and left sides of the neck. It is the most general and one of the easiest movements used in shaving.





## MOVEMENT NO. 1

Take razor in right hand, handle between little and third finger. Raise both elbows nearly level with the shoulders. Take position as if shaving. Hold left hand back of razor as if stretching the skin tight under the razor.

Move razor in right hand toward you with a diagonal stroke toward the point, a sliding movement, then back and forth like sawing. The length of strokes should be from 8 inches to a foot.

Continue to practice it daily until it becomes easy.

Avoid allowing the razor to swing by bending the wrist. Movement is all from the elbow to the hand. Always keep the elbow up so that the razor will be carried from above.

The tendency is to take the handle of the razor between the second and third fingers and draw the blade straight forward which is not a cutting stroke.

Further instructions on this movement are given on page 56 of our Manual.

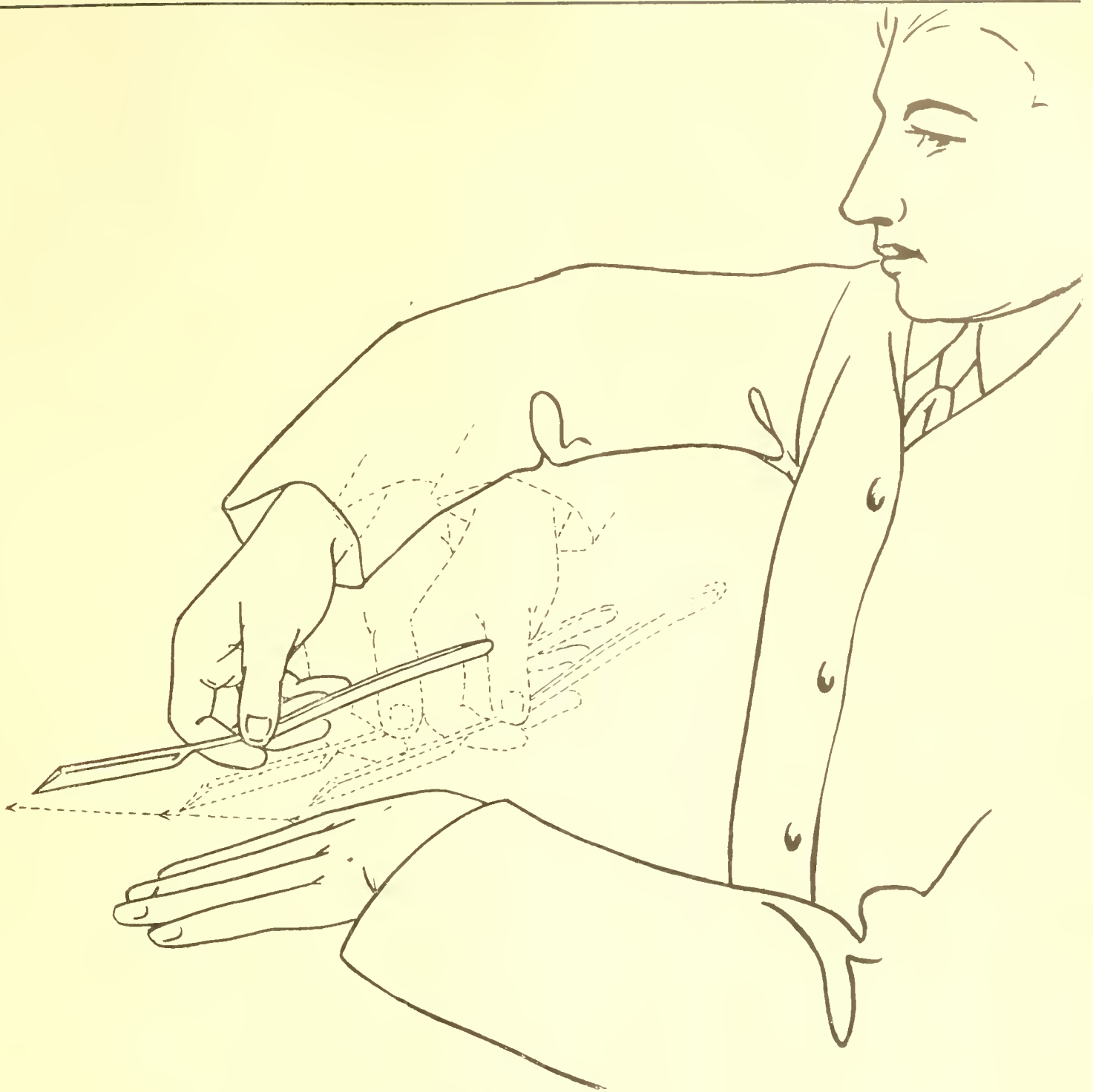


### BACK HAND

This movement is used in actual work at the chair for shaving the right side of the chin, the left side of the face, the left side of the neck shaving down and the left side of the upper lip. It is one of the most difficult movements and next in importance to the Free Hand.







## MOVEMENT NO. 2

Take razor in right hand with handle bent back, the shank of the razor resting on the first two joints of the first two fingers and held in place by the thumb on the back of the shank of the razor,—the blade from you and the handle pointing toward you.

Raise the elbow nearly as high as the shoulder, the back of the hand directly from you, the wrist slightly bent downward. Hold the left hand as if stretching the skin tight under the razor.

Move the razor in the right hand forward from you with a sliding stroke toward the point. Length of stroke from 8 inches to one foot. Use a forward and back stroke like sawing.

Be sure that the elbow is kept up so that the razor is carried and not pushed from you.

The knack is in keeping the point of the razor ahead and in carrying it diagonally toward the point.

The tendency is to drop the elbow and move the razor forward with a straight pushing stroke.

Further instructions on this movement are given on page 57 of our Manual.

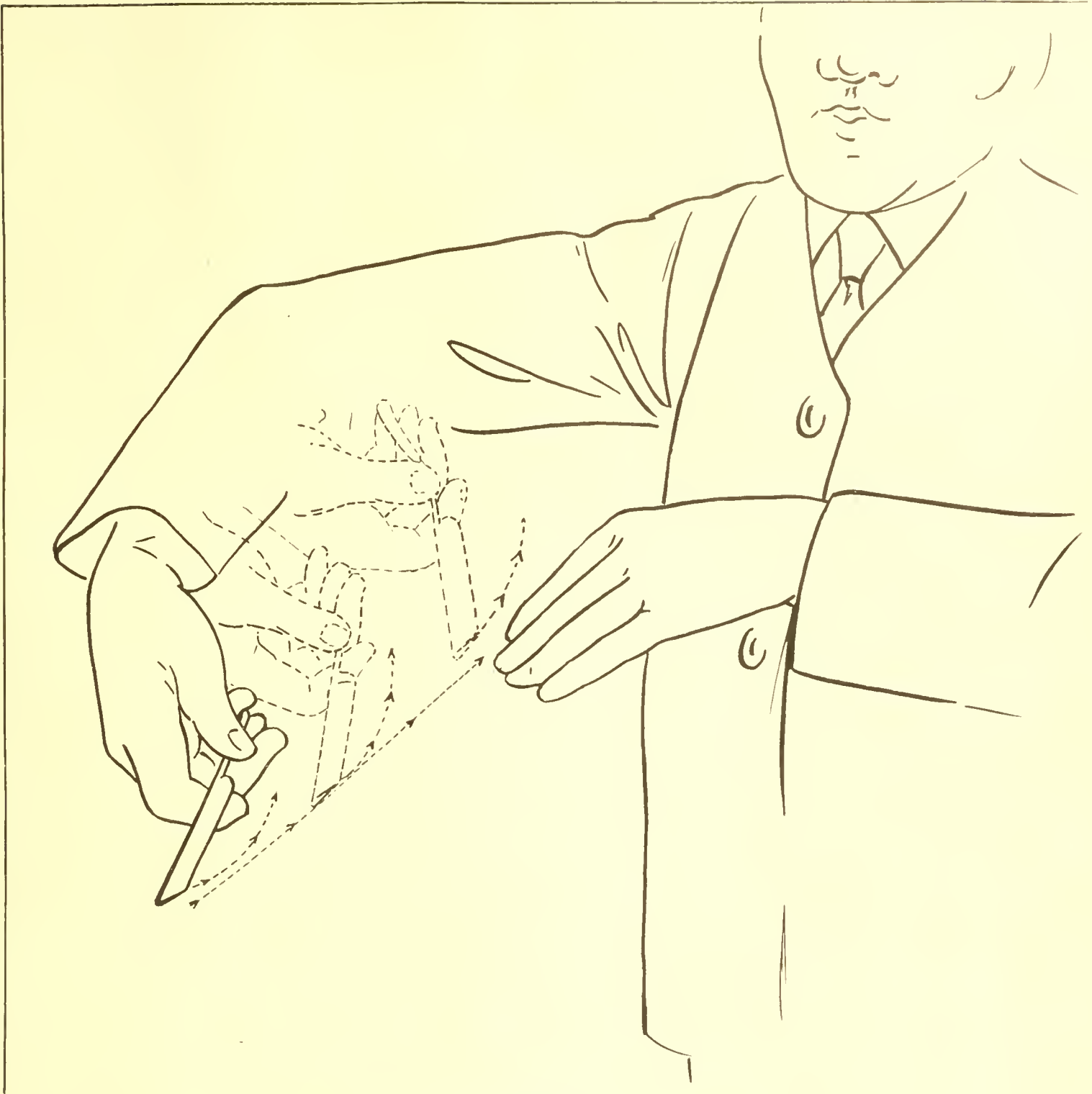


### REVERSE HAND

This movement is used in actual work at the chair for either right or left side of the neck shaving up. It is not as generally used by the barber as the other two movements for it is one of the most difficult movements to acquire. It is a labor saver and should be mastered.







MOVEMENT NO. 3

Take razor in right hand with the edge toward you just the reverse of Movement No. 2. This will bring the handle between the ends of the little and third finger. The handle bent slightly back.

Move the razor toward you with a slightly upward movement drawing toward you and toward the heel in a diagonal direction. The length of the movement is from 4 to 6 inches.

Hold the left hand as if pulling the skin tight under the razor.

The tendency is to bring the razor straight up without the sawing or sliding stroke.

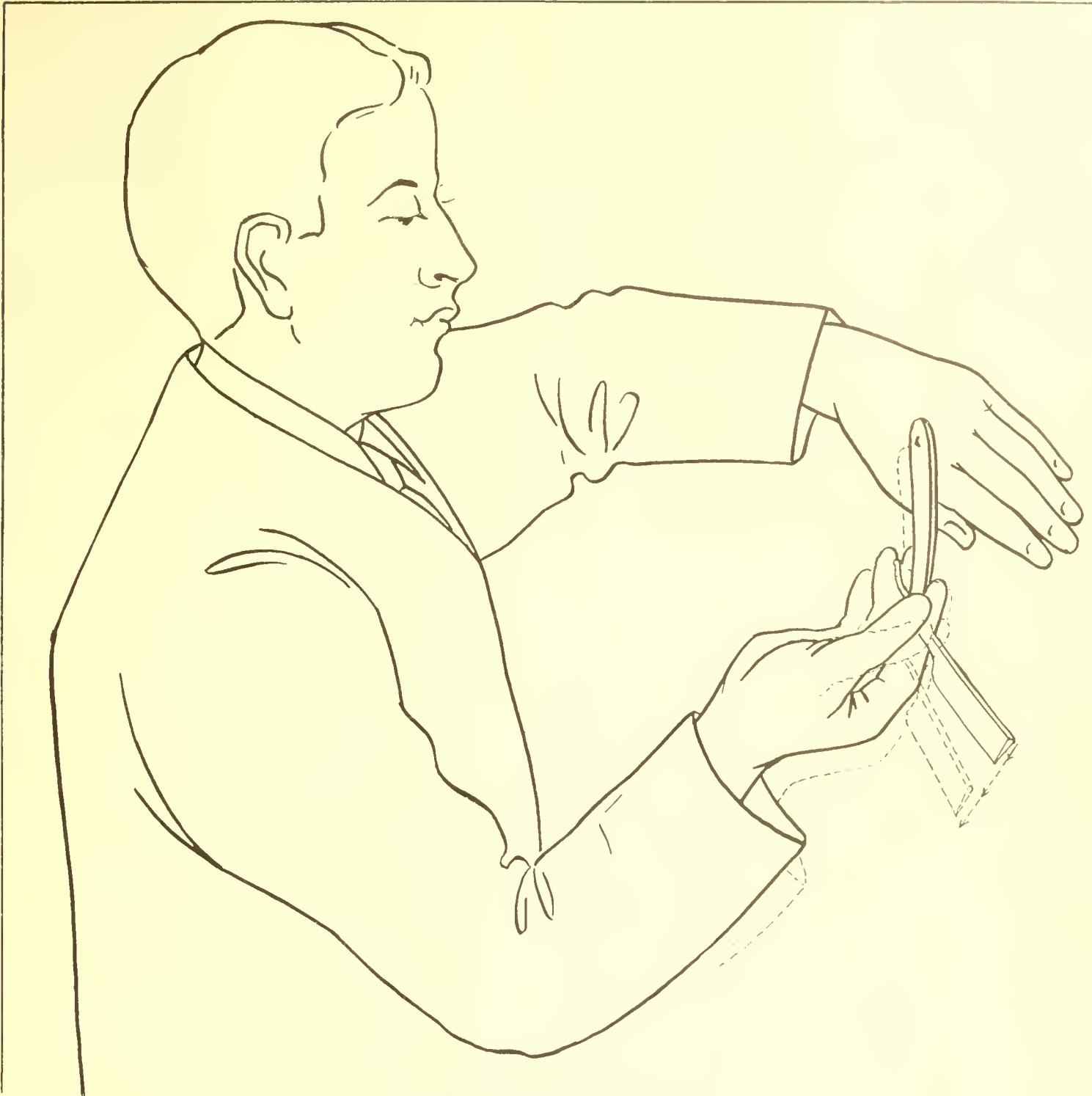
Avoid letting the razor swing by bending the wrist. The movement is from the elbow to the hand. The only wrist movement is a slight turn of the wrist to throw the edge up as it is moved forward. A half dipping movement.



#### DOUBLE BACK HAND

This movement is used in actual work at the chair for making the outline of the hair cut. It is used on the left side, back of the ear. The position is quite difficult but practice will attain it.





MOVEMENT NO. 4

Take razor in right hand as in Movement No. 2. Drop the elbow close to the side, turn the palm of the hand up with the razor in a position that will bring the point down.

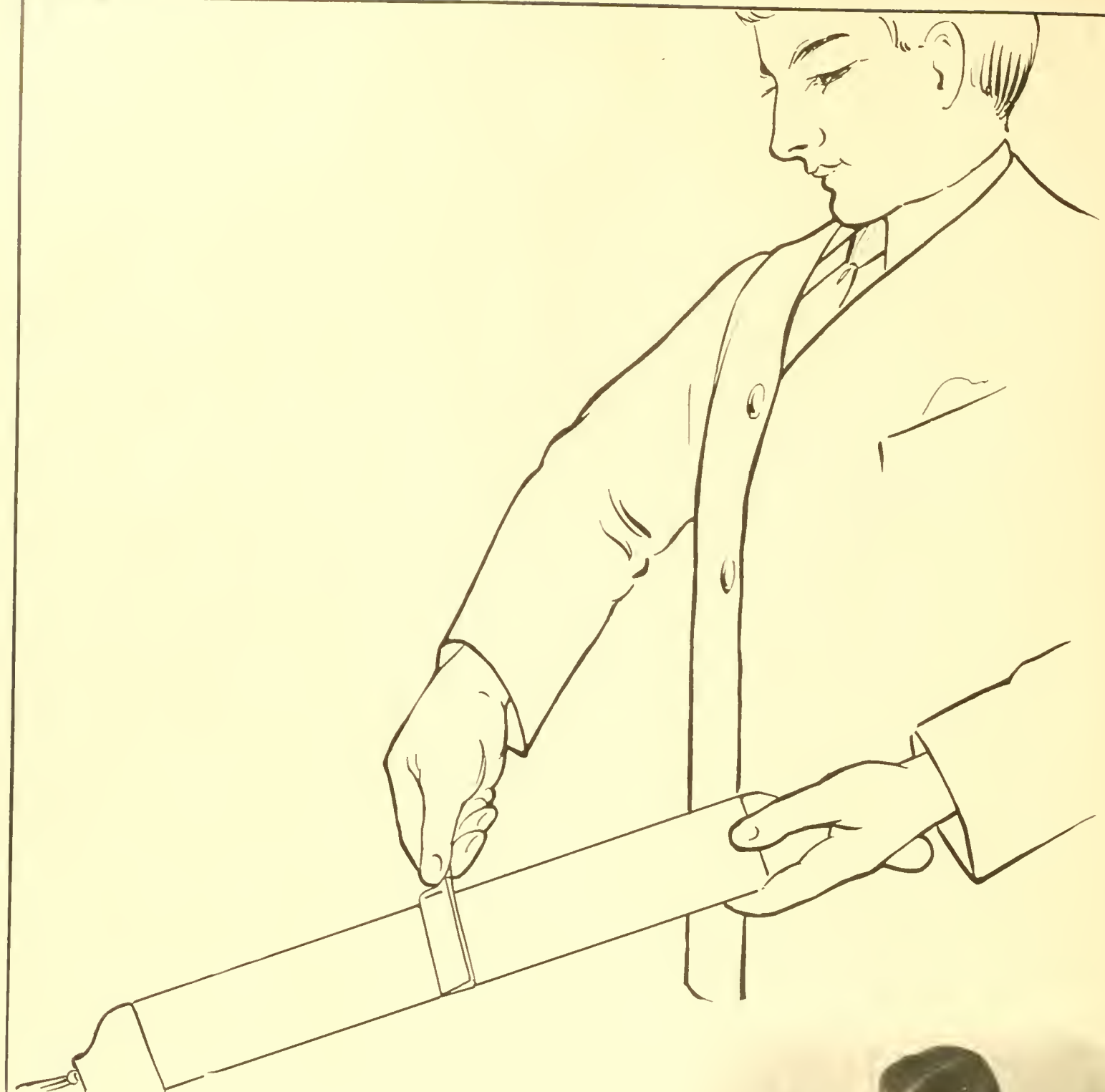
Raise the left arm and hand in a position as if drawing the skin tight under the razor.

The movement is a slight forward movement toward the edge of the razor.

Practice is required to attain the position. The movement is not difficult.

The tendency is to hold the blade horizontal instead of nearly perpendicular.

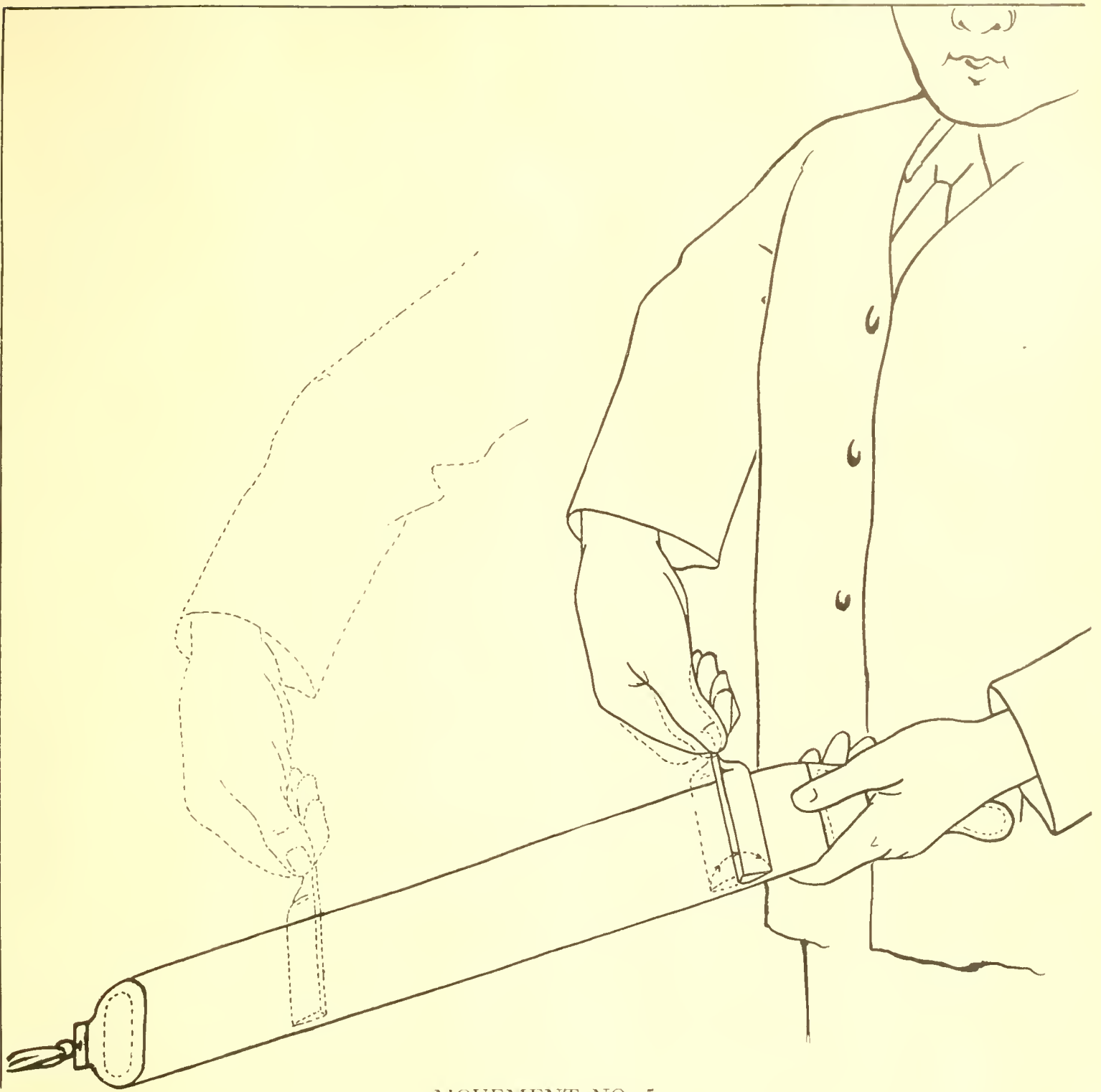
Further instructions on this movement are given on page 77 of our Manual.



### STRAPPING

This movement is shown with no intent of putting a razor in condition but simply to offer instructions in the proper manner of rolling the razor in the hand while strapping. Do not feel that you have acquired it by a few minutes' work. Rapid movement is necessary but let it come to you gradually as you practice.





## MOVEMENT NO. 5

Hold the strap firmly in the left hand so it cannot sag. Hold close to the side about as high as the hip. Take razor in right hand, well up into the hand with the side of the thumb resting on the shank in a manner that will permit of turning the razor in the hand as if rolling a stick or lead pencil.

Start at farthest end of strap, draw toward back of razor from 1 to 1 1-2 feet. Turn the razor on the back of the blade by rolling it in the hand which brings the other side of the thumb onto the shank and the fingers grasping the handle so that the blade cannot open or close.

The knack is in turning the blade without turning the hand.

The tendency is to either keep the handle and shank of the razor at the ends of the fingers and partly turn the hand with the razor, or to lift each finger while turning the razor.

Some patience and diligent practice will be required for this movement.

Bear just heavy enough on the strap to feel the razor draw.

Further instructions on this movement are given on pages 50 and 51 of our Manual.





### HONING

The instruction for honing, like the strapping movement, is only to help in exercising and not in the actual preparation of the razor. The movement as we illustrate it has been mastered by comparatively few barbers but it is the secret to successful honing—learn it and be successful.







MOVEMENT NO. 6

The hone can be held in the hand or on a shelf. If on a shelf it should be at the very outer edge so that the top of the stand will not interfere with the movement of the hand, and the position taken with the left side to the shelf.

Hold the razor in the right hand with the first finger over the shank of the razor perfectly straight, and the ball of the thumb at the joint of the blade and handle of the razor. The other three fingers around the handle in such a manner that the second finger will hold the shank of the razor in place to keep it from opening or closing.

The movement is forward on the hone from the heel to the point diagonally across the stone with the razor perfectly flat from heel to point and from edge to the back.

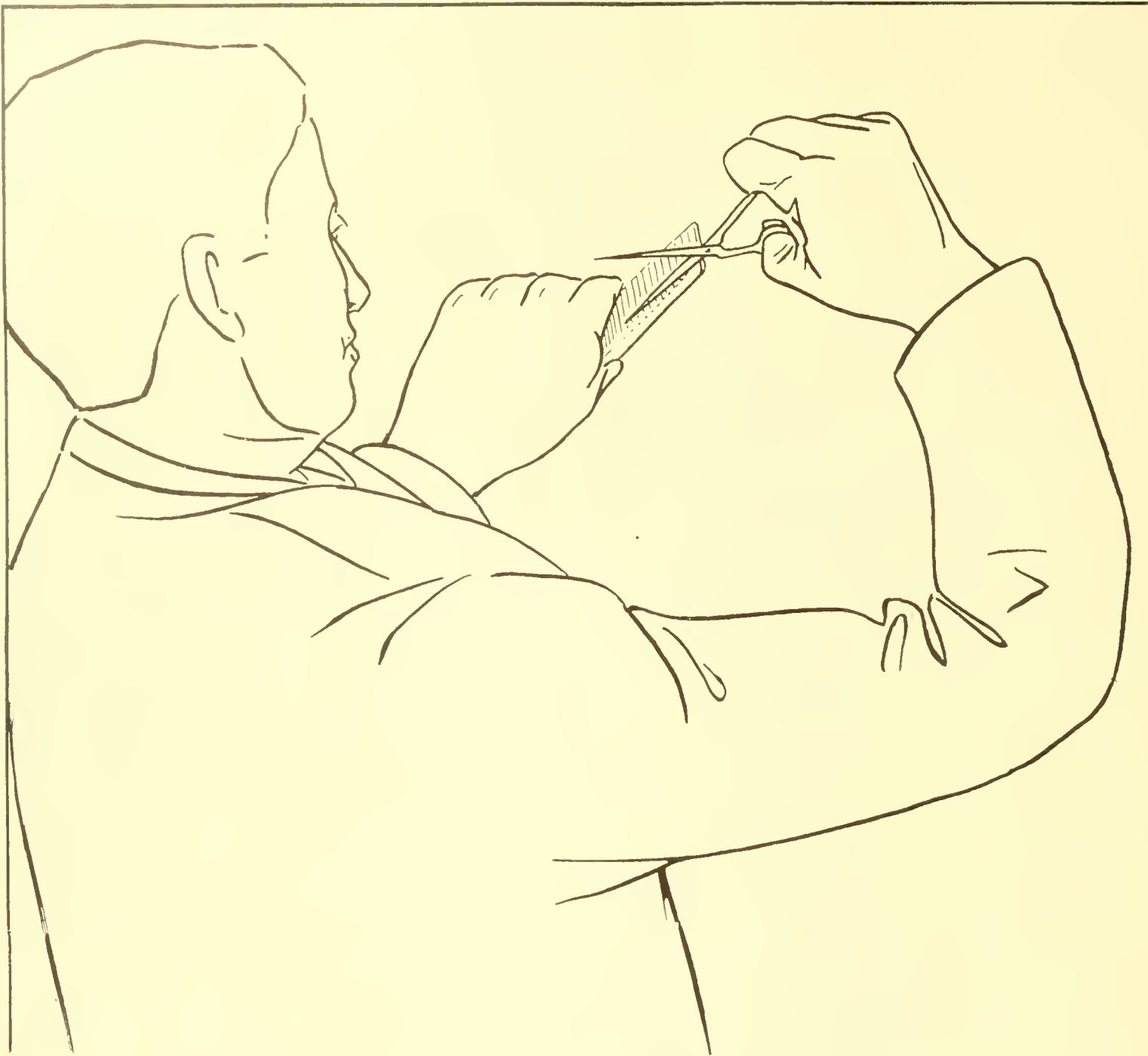
This finishes the stroke with the point of the razor at the nearer edge of the hone. Now turn the razor on to the back of the blade without turning the hand over and slide toward the other edge of the hone in position for the return stroke.

The knack is to turn the razor in the hand without turning the hand. In rolling the razor it will bring the other side of the thumb in contact with the shank and the finger will oscillate over the side of the shank as the blade is turned from side to side.

The first finger must not be bent or lifted and the other three fingers must be held in such a position that they will roll the razor from side to side at the end of each stroke without lifting the fingers.

The tendency is to keep taking a new hand hold to avoid turning the hand but this should not be done. It is well to practice with a coin or some small weight on the back of the hand and go through the movements without allowing it to fall off.

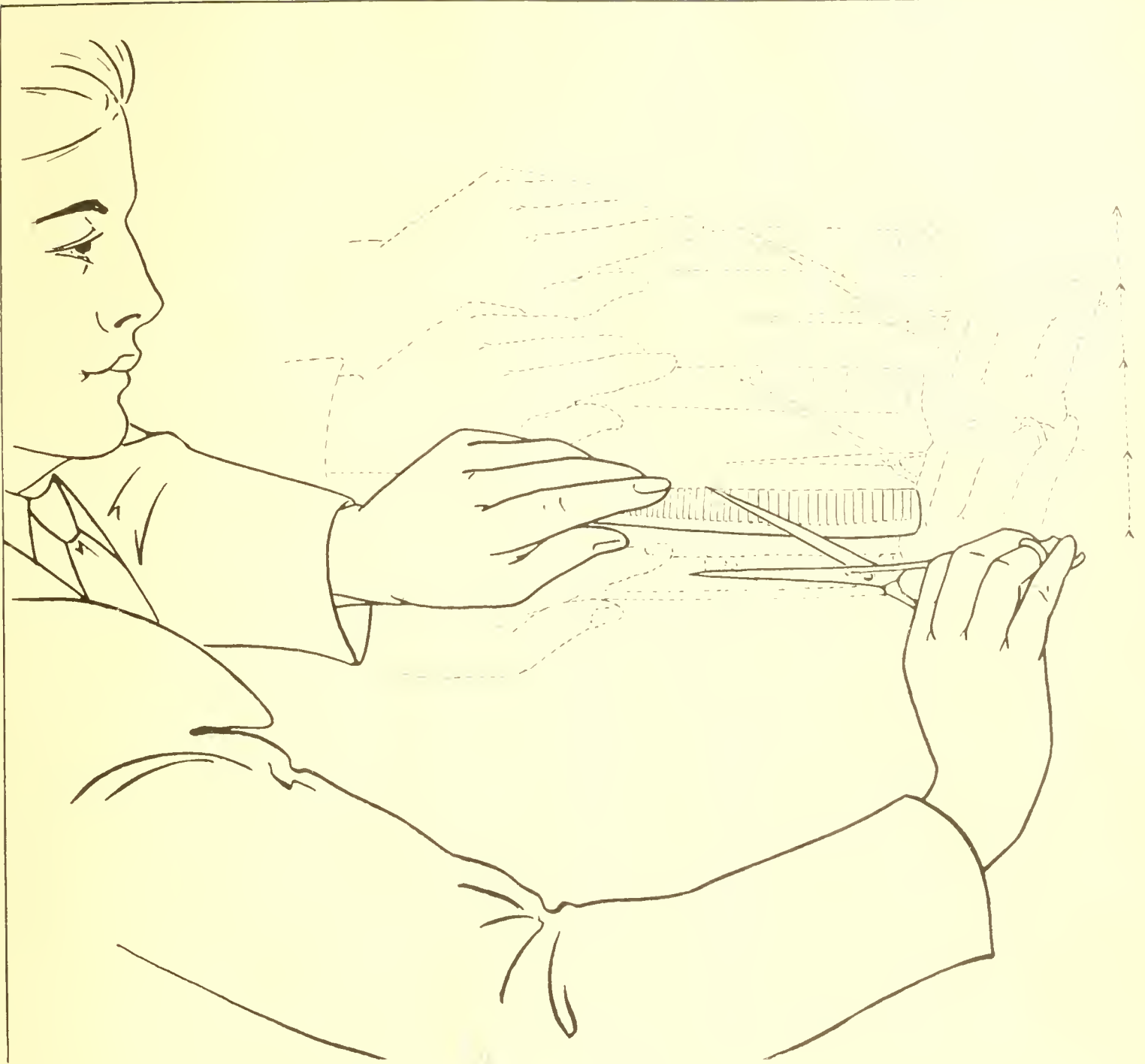
Further instructions on this movement is given on page 50 of our Manual.



### SHEARS AND COMB

This movement is used in actual work at the chair for cutting the entire lower part of the hair, while cutting over the comb. It is an exercise that requires considerable practice as the hand tires quickly and should be trained to the position.





## MOVEMENT NO. 7

Hold shear in the right hand with the third finger in the ferrule and the little finger resting on the short lip that is made for it.

The first and second fingers are to be bent over the handle of the shears in such a manner that it will hold it firmly in the hand. The ferrule should never be allowed to pass beyond the second joint of the finger. The thumb in the other ferrule never allowed to pass the first joint

The thumb should be so bent and held in position that it will keep the ferrule in place.

The comb must be held in the left hand with the fingers at the end of the teeth and the thumb at the back of the comb so that it can be turned in the hand for combing up through the hair and down again through the hair after the work of the shears.

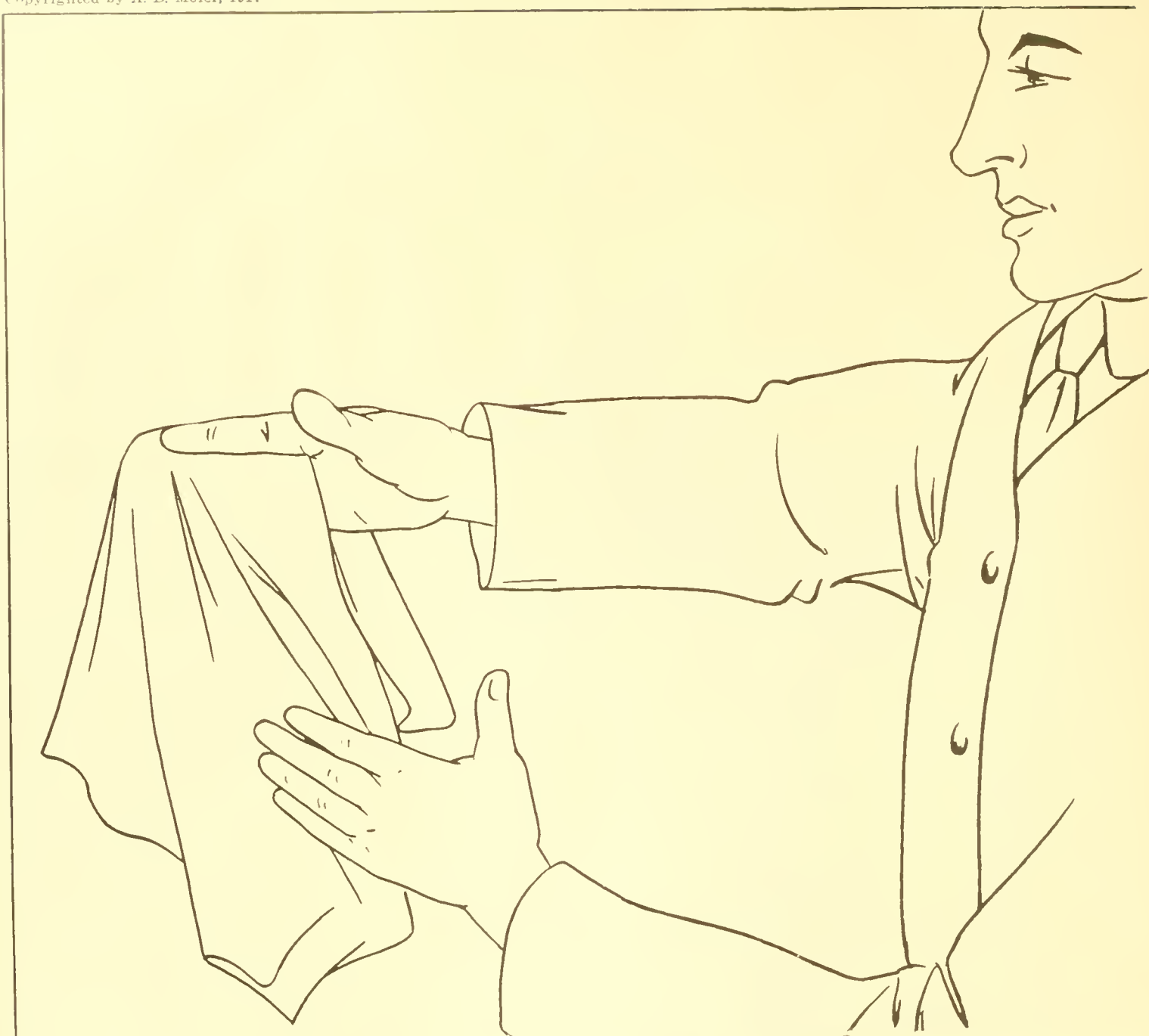
One blade of the shears is to be held rigid by the finger while the thumb operates the cutting blade, the comb to be held parallel with the still blade of the shear.

Take a position with the shear and comb both held to the right with the point of the shear pointing toward you. Operate the cutting blade with the thumb and move the shears and comb together in an upward direction about one foot, keeping the cutting blade in motion as if cutting hair. When at the highest point turn the teeth of the comb down in the hand and bring the hands down as if combing through the hair. Turn the teeth of the comb up again and repeat.

The tendency is to hold the shears and comb directly in front of you.

The knack is in keeping the one blade still while operating the other blade with the thumb and in moving both shears and comb upward at the same time.

Further instructions on this movement is given on pages 76 and 77 of our Manual.

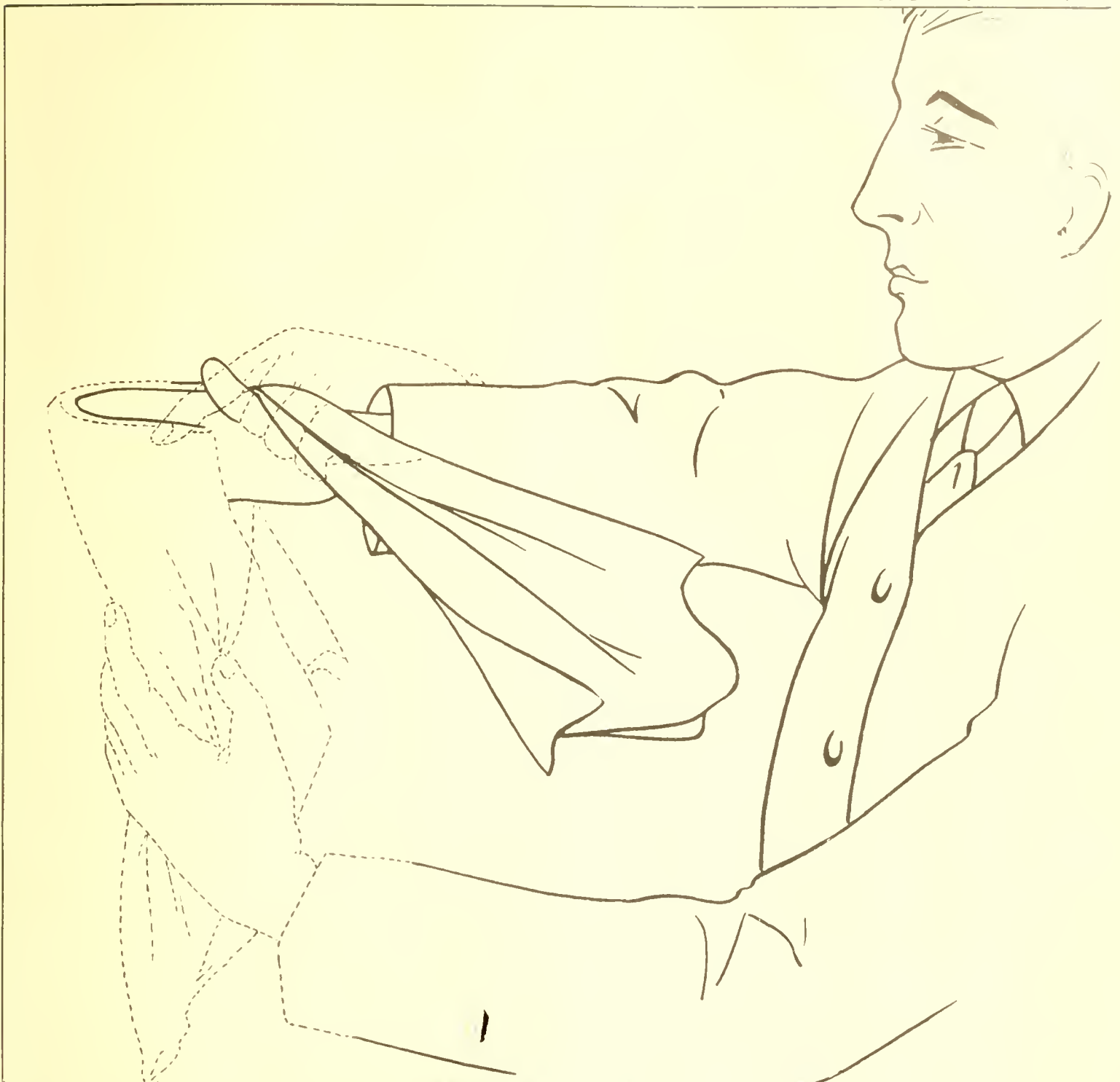


### HANDLING TOWEL

This movement in actual work at the chair is used not only for drying every part of the face but for washing it as well, and the properly trained barber never picks up a towel for this use that he does not handle it in this manner. There is a nicety in handling linen that commands business, and it should be practiced until all movements become easy and graceful. It can be practiced with a handkerchief or any cloth of convenient size.







MOVEMENT NO. 8

Hold the right hand directly in front of you perpendicularly. Draw the towel between the first and second fingers equal distance from either end. With the left hand take the two ends of the towel, draw them back of the thumb of the right hand leaving a smooth surface over the fingers for drying the face.

The two ends may be held out of the way with the left hand or may be allowed to drop over the wrist and fore-arm of the right hand to prevent them from flopping in the customer's face.

As the towel under the ends of the fingers becomes moist by drying the face, drop the ends, taking the position of the first movement and with the left hand draw the towel through the first and second finger of the right hand a little nearer one or the other of the ends in order to bring the dry part of the towel again under the fingers.

Draw the ends of the towel back of the thumb as before.

The knack is to change the position of the towel quickly without unnecessary movement.

The tendency is to handle the towel bunched in the hand.

Further instructions on this movement are given on page 64 and 65 of our Manual.



### ALTERNATE HAND

This movement in actual work at the chair is used in all scalp and hair preparations and is one that helps greatly to put the hands in the proper condition for barbering. There is no movement that we have illustrated that gives more exercise to the muscles and joints and it is well to start the daily exercises with a few minutes of this movement to limber the hands and wrists.

